

### **Fasting Guidelines prior to your surgery.**

Most of your regular medicines should be taken as normal. You can take your medication with a sip of water as this is not considered to be a breach of your fasting guidelines.

Please refer to the medication advice tab.

### **Adult Fasting Guidelines**

You will be advised to avoid food for at **least six hours** before your procedure, although clear fluids such as black tea or coffee (no milk), water and non-carbonated sports drinks (i.e Gatorade) can be consumed up **until two hours** before your procedure.

Please do not chew gum during the fasting period as this may increase your risk of aspiration.

### **Children Fasting Guidelines**

Your child will need to avoid solid food for at **least six hours**, although they will be permitted clear fluids such as ice blocks, water, non-carbonated sports drinks (Gatorade, Powerade) up until **1 hour** before their procedure. **Infant formula** is considered a solid and must be ceased for 6 hours before the operation. If your child is still breast feeding, please stop breast milk **four hours** before the procedure.

### **Weight Loss Medication**

If you are taking injectable weight loss medication such as Ozempic/Wegovy (semaglutide), Saxenda (Liraglutide), Mounjaro (tirzepatide) you will need to fast for solid food for **24-hours before your operation**. During this period you can have broth (fat free, clear broths like chicken or beef broth), clear fruit juices, non-carbonated sport's drinks, jelly and ice blocks. You will be permitted clear fluids (as detailed above) up until **two hours** before your procedure.